



# KNOWLEDGE IS THE KEY

## get the facts on E-CIGARETTES

ALTHOUGH TEEN USE OF TRADITIONAL CIGARETTES HAS BEEN DECREASING, MORE AND MORE TEENS ARE USING E-CIGARETTES OR VAPE DEVICES.

### What are e-cigarettes?

- E-cigarettes are battery operated devices that deliver nicotine, flavorings, and other chemicals.
- Although many look like traditional cigarettes, many can look like pens, highlighters or even flash drives.

### What's the big deal?

- The long term health effects of e-cigarettes are currently not known.
- Many e-cigarettes contain nicotine (a highly addictive substance) and the solutions used with these devices have been found to contain toxic chemicals.
- Burns, body-scarring blasts, and mini-explosions have been associated with their use.

E-cigarettes and vape devices are being used to abuse other drugs as well (i.e. marijuana). The typical smell associated with smoking marijuana is not present when it is being vaped. This can often make it impossible to know what is being used in such a device.

- Keep e-cigarettes and liquid nicotine securely locked. These solutions are dangerous and can poison both adults and children. It takes a very small amount to be deadly to a child.
- Talk to kids about the dangers of smoking and e-cigarettes.
- Set clear expectations regarding no tobacco use.

**Resources:** E-cigarettes and Lung Health <http://goo.gl/9zCluO>  
Electronic Nicotine Delivery Systems <http://goo.gl/608hzy>